

# BORONNDARA

## *Bicycle Users Group*

### Rides Supplement July 2011

#### Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

#### Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

##### **Schedule of rides:**

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphij@au1.ibm.com](mailto:murphij@au1.ibm.com)

#### Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

# Surrey Hills Neighbourhood Centre Group

## RIDING IN COMPANY PROGRAM July-Dec 2011

Welcome! We ride every 2 weeks on **Mondays** and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 40 - 45 kilometres. If the weather is over 30° or raining, rides are cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria [www.bv.com.au](http://www.bv.com.au) and explore insurance options and also to join RACV Bike Assist Membership [www.racv.com.au](http://www.racv.com.au)

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 9890 2467 or email: [info@surreyhillshnc.org.au](mailto:info@surreyhillshnc.org.au)

| Date              | Ride Description   | Meeting Place                                  | Melways Ref |
|-------------------|--|--|-------------|
| 4 July 2011       |  |  |             |
| 11 July 2011      | Outer Circle - Gardiners Creek, Anniversary and Main Yarra Trails        | Nettleton Park, Dawson Drive, Glen Iris        | M59 J7      |
| 18 July 2011      |  |  |             |
| 25 July 2011      | Anniversary Trail - Scotchman's Creek - Jells Park                       | Ashburton Railway Station                      | M60 E9      |
| 1 August 2011     |  |  |             |
| 8 August 2011     | Main Yarra Trail   | 24 Whitehorse Road, Deepdene                   | M45 K7      |
| 15 August 2011    |  |  |             |
| 22 August 2011    | Old City Rail Trail - Pt Melb, Docklands, Chandler Highway, Anniv Trail  | Nettleton Park, Dawson Drive, Glen Iris        | M59 J7      |
| 29 August 2011    |  |  |             |
| 5 September 2011  | Werribee North Circuit   | Flinders Street Station (Werribee Line Zone 2) | M2F F6      |
| 12 September 2011 |  |  |             |
| 19 September 2011 | Southern Suburbs Ride<br>East Malvern - Albert Pk Lake, Richmond Station | East Malvern Station                           | M69 B1      |
| 26 September 2011 |  |  |             |

|                   |  |   |        |
|-------------------|--|---|--------|
| 3 October 2011    | Ashburton Station - Blackburn Lake - Koonung Creek Trail                 | Ashburton Railway Station                               | M60 E9 |
| 10 October 2011   |  |   |        |
| 17 October 2011   | Glen Iris - Maribyrnong River - Brimbank Park                            | Nettleton Park, Dawson Drive, Glen Iris                 | M59 J7 |
| 24 October 2011   |  |   |        |
| 31 October 2011   | Deepdene, Westerfolds Park   | 24 Whitehorse Road, Deepdene                            | M45 K7 |
| 5-6 November 2011 | Weekend away - Proposed ride on Lilydale/Warburton Trail, overnight stay | Details to be given closer to the date                  |        |
| 14 November 2011  | Capital City Trail   | 24 Whitehorse Road, Deepdene                            | M45 K7 |
| 21 November 2011  |  |   |        |
| 28 November 2011  | Eastlink , Dandenong Creek Trail to Yarraman Station (Pakenham Line)     | Mitcham Railway Station (Belgrave/Lilydale Line Zone 2) | M48 J9 |
| 5 December 2011   |  |   |        |
| 12 December 2011  | Glen Iris - Beacon Cove - Brighton - Christmas Lunch                     | Nettleton Park, Dawson Drive, Glen Iris                 | M59 J7 |
| 19 December 2011  |  |   |        |

**Please note:**

As a trial, there will be rides offered on the off weeks of the calendar i.e. there will be weekly rides.

These rides will be worked out the week before amongst the riders and details will be sent out in an email on the Thursday prior to the ride.

This gives riders a chance to put forward rides they would like to do other than the ones assigned to the calendar.

Leaders have not been assigned to this calendar. Participants can volunteer to lead a ride or the leader will be assigned during the preceding ride.

## Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group

### Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us.

The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

We generally meet at 10am at the 'Place to meet' (see below). Please catch a train to arrive at the start before 10am. If a time is suggested, please check that the time is current.

A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides.

Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact Janet Bennett by e-mail [jfbpgb@bigpond.com](mailto:jfbpgb@bigpond.com) or on 9853 9808 to discuss details.  
All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

| Date      | Place to meet                                    | Description  | Grade                                      |
|-----------|--|--|--|
| July 6th  | Footbridge in Southbank                          | Short ride – to be chosen on the day   | Easy                                       |
| July 13th | Thomastown station on Epping line.<br>MEL 8 J7/8 | Thomastown to Jacana station via Mt. Ridley ~ 45km. From the station, we will ride the Ring rd. and Galada Tamboores trails to Mt. Ridley and return via roads and Broadmeadows and Moonee Ponds trails to Jacana station. | Medium with long uphill ride to Mt. Ridley |
| July 20th | Footbridge in Southbank<br>MEL 2F F7             | Short ride – to be chosen on the day   | Easy                                       |
| July 27th | Footbridge in Southbank<br>MEL 2F F7             | A tour along the Bay, Elwood canal, Rosstown rail, Gardiner's Creek and Main Yarra trails to city again. ~ 50km  | Medium                                     |
| Aug 3rd   | Footbridge in Southbank<br>MEL 2F F7             | Short ride – to be chosen on the day   | Easy                                       |

|            |  |   |                         |
|------------|--|---|-------------------------|
| Aug 10th   | Footbridge in Southbank<br>MEL 2F F7                         | Werribee Historic Homestead – Southbank to Sanctuary Lakes via the Bay West trail<br><br>and then Point Cook rd. and other roads to Werribee Homestead. Tour at leisure and return by train. ~ 55km.  | Easy                    |
| Aug 17th   | Footbridge in Southbank<br>MEL 2F F7                         | Short ride – to be chosen on the day  | Easy                    |
| Aug 24th * | Camberwell Station<br>MEL 45 J11                             | Camberwell to Glen Waverley via network of off road trails ~ 60Km.<br><br>Ed Biggs to lead  | Medium                  |
| Aug 31st * | No ride  |   |                         |
| Sep 7th *  | Footbridge in Southbank<br>MEL 2F F7                         | Short ride - Gardiners Creek Trail to Blackburn 25 Km.<br>Train home or ride options.<br><br>Ed Biggs to lead   | Easy                    |
| Sep 14th * | Belgrave Railway Station<br>MEL 75 F10                       | Belgrave to Southbank - Railway Trail to Upper Ferntree Gully. Ferny Creek trail to Scoresby Village for a quick coffee. Then George St., East Link trail (1Km), Blind creek trail, Shepherd Rd, Scotsmans Crk trail, Gardiners Crk. trail (Lunch at Glen Iris) and Main Yarra trail. ~ 43 km Bruce Kidgell to lead               | Medium<br>with a climb! |
| Sep 21st * | Ferntree Gully Railway Station on Belgrave line<br>MEL 74 B2 | Short ride - via Upper Ferntree gully, Ferny Creek trail to Scoresby Village for coffee, George St., East Link trail (1Km), Blind creek trail via Knox City to join the Railway Trail then back to Ferntree Gully Railway Station. ~24 km Bruce Kidgell to lead   | Easy                    |
| Sep 28th * | Fairfield station on Hurstbridge line<br>MEL 30 K10          | Northwest circuit – Merri Crk trail to Coburg Lake, O’Hea St. to Moonee Ponds Crk trail and to Ring rd. trail at Airport West. East Keilor streets to Maribyrnong River at Canning reserve. Up to Highpoint S.C. and path down to the river at Edgewater. Ride River and Footscray rd. trails to city. ~ 50km. Les Deady to lead. | Medium –<br>some hills  |
| Oct 5th *  | Footbridge in Southbank<br>MEL 2F F7                         | Short ride – ride and leader chosen on the day  | Easy                    |
| Oct 12th   | Hurstbridge Station<br>MEL 185 J8                            | Strathewen - Pleasant Country ride through undulating terrain to Strathewen (19 km.) and return. Lunch at Hurstbridge. Return to city by combination of train and ride.<br><br>Diamond Creek (8km.), Eltham (15km) and Heidelberg (30km) are accessible stations.   | Medium                  |

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| Oct 19th | Footbridge in Southbank<br>MEL 2F F7                                      | Short ride – to Ardeer by train and then return via the Western ring and Federation trails and Docklands to the city.   | Easy   |
| Oct 26th | Footbridge in Southbank<br>MEL 2F F7                                      | Woodlands Park ride – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, the Maribyrnong River trail and return to the city ~ 70km.   | Hard   |
| Nov 2nd  | Footbridge in Southbank<br>MEL 2F F7                                      | Short ride – Ride to Anglers Arms on the Maribyrnong River trail and return, visiting the Museum on the trail ~ 20 km.  | Easy   |
| Nov 9th  | Aircraft Station on Werribee line.<br>MEL 53 B10                          | Bay Trail ride Point Cook to Mentone – Point Cook rd. to Skeleton Crk then the Bay West trail to Southbank. We take the Bay trail to Brighton Beach station (55km) or Mentone station (63km) and return to the city by train.   | Medium |
| Nov 16th | Heidelberg station on Hurstbridge line<br>MEL 31 K4                       | Short ride - Heidelberg station to Heide to explore and then return via the Main Yarra trail to the city ~ 20km.  | Easy   |
| Nov 23rd | Footbridge in Southbank<br>MEL 2F F7                                      | A short ride to the COTA AGM in the city and then lunch for volunteers.   | Easy   |
| Nov 30th | Lilydale station<br>MEL 38 D4   | Warburton Rail trail and return via the Aqueduct and WR trail again to Lilydale -<br><br>A challenging ride of about 90km. with the option of a shorter ride as follows -<br><br>we will have coffee after 20km and then riders can choose to return to Lilydale<br><br>or continue the ride. | Hard   |
| Dec 7th  | Footbridge in Southbank<br>MEL 2F F7                                      | Short ride - via the Merri Crk. trail and St. Georges rd. to the Human Powered Café, 562 High St. Thornbury ~ 15 km.  | Easy   |
| Dec 14th | Werribee station<br>MEL 205 J/K7<br>9.08 train from Flinders St. Station. | Werribee to Serendip Sanctuary and return, ~ 65km. We will ride minor roads most of the way and on the return. An option is a shorter ride of 35km to return from Lara station (Vline).   | Medium |

|          |                                      |  |      |
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| Dec 21st | Footbridge in Southbank<br>MEL 2F F7 | Christmas ride with lunch at the Botanic Gardens in the Lake café – We will ride the Bay trail to Elwood canal and return via the back streets and Albert Park lake to the Botanic Gardens ~ 15km. | Easy |
|----------|--------------------------------------|--|------|

\* is when Janet will be away

## Whitehorse Cyclists Inc

Last updated 1 June 2011

| Date  | Destination                       | Description  | Distance and grade | Leader Contact                |
|---|-----------------------------------|--|--------------------|-------------------------------|
| <a href="#">See us in the local news: Box Hill Ringwood Rail Trail project</a>  |                                   |  |                    |                               |
| Did you know we have won Whitehorse Sports Club of the Year Award again this year: 2009 and 2010!   |                                   |  |                    |                               |
| Download the calendar for <a href="#">May-June 2011</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.           |                                   |  |                    |                               |
| Jump below <a href="#">for a description of the types of rides</a> we do. Regional and interstate and overseas rides are not listed here. They are restricted to members. |                                   |  |                    |                               |
| Thu 09/06<br>9.30am   | Medium Thursday<br>Brighton Beach | Gardiners Ck Tr, East Malvern, (M)Hughesdale, Murrumbeena, McKinnon, (L)Brighton, (B)Elwood, Port Melbourne, Southbank, Richmond, Hawthorn Camberwell, Canterbury. | 65 E/M             | Barry McC 0402 419 792        |
| Sun 12/06<br>9.30am   | Easy Sunday<br>Farmers' Market*   | Koonung Ck Tr, Nunawading, Blackburn Lake, (B)Laburnum, Bushy Ck, Valda Ave. *BYO produce bag  | <30 E              | Keith M 9857 5805             |
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| Sun 12/06<br>9.30am   | Sunday Docklands                  | Fairfield, Abbotsford, Capital City Tr, (M)Docklands, Footscray Rd, Westgarth, Ivanhoe.  | 45 E/M             | Susan L 9853 3774             |
| Tue 14/06<br>9.30am   | Easy Tuesday<br>Sushi Wushi Lunch | Main Yarra Tr, (M)Diamond Ck, Eltham early lunch Sushi Wushi \$16 a hear. Return Main Yarra Tr by 1.30pm.  | 30 E               | Gill B 9725 5310              |
| Tue 14/06<br>9.00am   | Medium Tuesday<br>Trailblazer     | Main Yarra Tr, Outer Circle Tr, Anniversary Tr, (M)Hartwell, Gardiners Ck Tr   | 50 M               | Neil M 9724 9537 0419 514 630 |
| Download the calendar for <a href="#">May-June 2011</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.           |                                   |  |                    |                               |
| Tue 14/06<br>9.30am   | Hard Tuesday Ring Road            | Darebin Tr, Ring Rd Tr, Federation Tr, Geelong Rd, Somerville Rd.  | 105 M              | Charlie S 9894 3244           |
| <b>Tue 14/06</b><br><br>7:45 pm   | <i>Club Night</i>                 | <i>Corner Station &amp; Combarton Sts Monthly Meeting</i>  |                    | <i>Mike W 9509 1290</i>       |
| Thu 16/06<br>9.30am   | Easy Thursday<br>Oakleigh         | Gardiners Ck Tr, (M) Oakleigh, Mt Waverley   | 27 E               | Elaine H 9877 1424            |
| Thu 16/06<br>9.30am   | Medium Thursday<br>Edwardes Lake  | (M)Fairfield, (L)Edwardes Lake, (B)Reservoir.  | 54 M               | Bruce E 9848 4804             |
| Thu 16/06<br>9.30am   | Hard Thursday<br>Arthurs Creek Rd | Hurstbridge - Arthurs Creek Rd   | 90 H               | Barry McC 9848 1154           |
| Sun 19/06<br>9.30am   | Sunday Winter<br>Solstice         | Anniversary Tr, (M)Sandringham, Bay Rd, North Rd.  | 45 M               | Anna V 9830 4195 0407 887 672 |
| Tue 21/06<br>9.30am   | Easy Tuesday<br>Westgate Park     | Rushall RS, MCG, Southbank, Light Rail, Hobsons Bay, Westgate Park,  | 32 E               | Barbro R 9077 9360 0417 033   |

|   |   |   |         |                                       |
|---|---|---|---------|---------------------------------------|
|   | Loop  | (M)Yarra's Edge, Docklands, Flemington, Capital City Tr. Some cute new places, spectacular views. All invited to a final coffee at Barbro & Steve's home.   |         | 322                                   |
| Tue 21/06<br>9.00am   | Medium Tuesday<br>Bundoora or Bust          | Anniversary Tr to Fairfield, Darebin Ck Tr, (M)Bundoora, Macleod, Burke Rd Tr, Hays Paddock, Anniversary Tr.  | 40 M    | Bruce D 9852<br>1921 0430 225<br>295  |
| Tue 21/06<br>9.30am   | Hard Tuesday<br>Strathewen                  | Eltham, Acqueduct Tr, Arthurs Ck Rd, Strathewen, Cottles Bridge Rd, Eltham.   | 105 M/H | Kerry McN 0419<br>769 420             |
| Download the calendar for <a href="#">May-June 2011</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point. |   |   |         |                                       |
| Thu 23/06<br>10:05 am   | Easy Thursday<br>Federation Trail           | Werribee to the City via Federation Trail, (M) Hoppers Crossing, Spotswood RS, Footscray RS, Southern Cross <b>Note:</b> Catch Werribee train from Flinders Street at 9:21am or Southern Cross at 9:24 am arrives at Werribee at 10:02 am. If you miss this train, meet us at the Hoppers Crossing bakery for coffee. | 40 E    | Joyce H. 0419<br>102 268 9877<br>3216 |
| Thu 23/06<br>9.30am   | Medium Thursday<br>Elwood                   | Main Yarra Tr, (M)Clifton Hill/Richmond, Southbank, Port Melbourne, (L)Elwood, (B)Elsternwick, Rosstown Tr, Main Yarra Tr.  | 60 M    | Peter C 0407 264<br>128               |
| Sun 26/06<br>9.30am   | Easy Sunday Down<br>on the Farm             | Anniversary Tr, Gardiners Ck Tr, Yarra Tr, (M)Collingwood Children's Farm, Yarra Tr.  | 30 E    | Keith M 9857<br>5805                  |
| Sun 26/06<br>9.30am   | Sunday<br>Scotchmans Glen                   | Anniversary Tr, Nettleton Pk, Gardiners Ck Tr, Scotchmans Ck Tr, (M)Glen Waverley, Glen Waverley Rail Tr, Anniversary Tr.   | 40 M    | Mike W 9509<br>1290 0488 565<br>566   |
| Tue 28/06<br>9.30am   | Easy Tuesday<br>Revisiting<br>Beraldo's     | Koonung Ck Tr, Main Yarra Tr, (M)North Fitzroy, Boulevard.  | 35 E    | Bruce E 9848<br>4804                  |
| Tue 28/06<br>9.00am   | Medium Tuesday<br>Eastern Suburbs<br>Ramble | Heatherdale, Dandenong Ck Tr, Bayswater, (M)Upper FTG, Ferny Ck Tr, Scoresby, Eastlink, Canterbury Rd.  | 46 M    | John P 9808 4894<br>0488 999 084      |
| Tue 28/06<br>9.30am   | Hard Tuesday<br>Berwick                     | Springfield Rd, Mitcham, Dandenong Ck Tr, (M)Endeavour Hills SC, Freeway path, Berwick.   | 110 M   | Gary G 0417 508<br>974                |
| Thu 30/06<br>9.30am   | Easy Thursday<br>Jells Park                 | East Link Tr, (M)Jells Park, Shepherds Bush, Dandenong Ck Tr, East Link Tr.   | 30 E    | Brent C 9874<br>5148                  |
| Download the calendar for <a href="#">May-June 2011</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point. |   |   |         |                                       |
| Thu 30/06<br>9.30am   | Medium Thursday<br>Northland                | Ivanhoe, Darebin Ck Tr, (M)Northland, (B)Preston, Merri Ck Tr, (B)Rushall, Westgarth.   | 50 E/M  | Bruce D 9852<br>1921                  |
| Thu 30/06<br>9.30am   | Hard Thursday<br>Dandenongs East<br>Side    | Ride departs Lilydale after arrival of 9:36 train. Inverness Rd (Melway 52 K5), Kalorama, Falls Rd, Perrins Ck Rd, Grantulla Rd, School Rd, Selby-Aura Rd .   | 70<br>H | Eileen Q<br>0433 609 032              |
| Sun 9.30am  | Sunday                                      |   |         |                                       |
| Tue 05/07 9.30am  | Easy Tuesday Hughesdale                     | Gardiners Ck Tr, Urban Forest Res, (M)Hughesdale, Anniversary Tr, Gawler Chain.   | 35 E    | Loreto B<br>9808 1960<br>0412 289     |



|                             |  |      |                      |     |
|-----------------------------|--|------|----------------------|-----|
|                             |  |      |                      | 236 |
| Easy Thursday<br>Holmesglen | Bushy Ck Tr, Dorking Rd,<br>Gardiners Ck Tr,<br>(M)Highbury Rd,<br>Anniversary Tr, Mont<br>Albert, Gawler Chain. | 32 E | Allan M<br>9898 0415 |     |

### WCI Typical Weekly Ride Profiles

**EASY TUESDAYS:** Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

**MEDIUM TUESDAYS:** Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

**HARD TUESDAYS:** Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

**EASY THURSDAYS:** Similar to Easy Tuesday rides. 30-35km Fortnightly.

**MEDIUM THURSDAYS:** Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY SUNDAYS:** Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM SUNDAYS:** Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

## Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.

**NightRide:** Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

**EasyRide:** with the “**Latte**” Group every **Tuesday and Friday (9:30am) 10:00am in winter –** relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

**HarderRide:** every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

### Jul 2011

|        |  |  |                        |
|--------|--|--|------------------------|
| Sun 3  | <i>Capital City Circuit</i><br>50 km <a href="#">MAP</a>       | Royal Park, Docklands (break), Southbank, Yarra Trail.   | Lou B/<br>9459 6887    |
| Tue 5  | <i>Whittlesea (H3 on return )</i><br>85 km <a href="#">MAP</a> | Out by streets to Plenty Rd. Follow Plenty Rd bike path and bike lanes to Mernda estates. Through estate. Back to Plenty Rd to Whittlesea. (Rest) Return by Plenty Rd . Arthurs Creek Rd to Hurstbridge. Home by Hurstbridge Rd and DVT. | Allen P/<br>9457 1694  |
| Sun 10 | <i>Dandenong</i><br>70 km <a href="#">MAP</a>                  | Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home.                 | Graeme W/<br>9435 9687 |
| Tue 12 | <i>Belgrave</i><br>60 km                                       | Ride to Box Hill station. Take train to Belgrave. Downhill ride to Bayswater and Dandenong Ck. Trail. Then streets   | Maurie A/<br>0409      |

|               |   |  |                         |
|---------------|---|--|-------------------------|
|               |   | (Eastlink an alternative) and Koonung Trail.   | 106082                  |
| <b>Wed 13</b> | <b>Combined Dinner – Moon &amp; Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:00pm</b> |  |                         |
| Sun 17        | <i>Bundoora Park</i><br>40 km <a href="#">MAP</a>   | Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.  | Richard B/<br>9459 8648 |
| Tue 19        | <i>Newport Gardens</i><br>61 km <a href="#">MAP</a>   | Out by CCT, Flemington Sales Yard path to Footscray.Tottenham Path then streets and paths to Newport Lakes Park. Return by Newport, Yarraville and North Melbourne streets and home by St.Georges Rd.  | Allen P/<br>9457 1694   |
| Sun 24        | <i>Sandridge Beach</i><br>50 km <a href="#">MAP</a>   | Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).  | Graeme W/<br>9435 9687  |
| Tue 26        | <i>Deer Park</i><br>~60 km <a href="#">MAP</a><br><b>Note start details</b>                                       | <b>Meet at H'berg station. Take 8.47 train to Flinders St,</b> then 9.27 train to Albion (arr. 9.52). Ride Western Hwy (path/service roads/shoulder) to join Deer Park bypass Trail at Christies Rd. Then Ring Rd, Federation Trails to Geelong Rd. Service road to Somerville Rd (bike lane) to Yarraville and standard route home. | Les D/<br>9459 2701     |
| Sun 31        | <i>Glen Eira</i><br>60 km <a href="#">MAP</a>   | To city and Port. Bay Trail to Elwood then inland to Gardenvale. Bike path beside Nepean Hwy to Milroy St intersection. Then into Union St and follow this and Elster path to rail trail at Bentleigh. North past Ormond and west on Leila Rd to Murrumbeena Rd. Then standard link to Ann. Trail and home.                          | Richard B/<br>9459 8648 |

## Darebin BUG

### Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

### Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

## The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

# Melbourne Bicycle Touring Club

## Ride and Club Night Programme

|                     |  |                     |   |
|---------------------|--|---------------------|---|
| July                |  |                     |   |
| Fri 01 Jul          | Mountain Goat Brewery in Richmond  |                     | Jim Freeman 9813 4616<br>jimfreeman@bigpond.com                         |
| Sat 02 Jul          | Retro Cruise to Williamstown   | 45km easy           | Joe Kenwright 9850 2702   |
| Sat 02 Jul          | Mt Donna Buang Snow Ride #1: with the BV Forums crowd  | 50km icy hard!      | Peter Signorini 9801 5013<br>petesig@bigpond.com                        |
| Sun 03 Jul          | Peter's Birthday Ride Fed Square to Beaumaris & return   | 65km medium         | Peter Boemo 9857 5990<br>p.boemo232@gmail.com                           |
| Thu 07 Jul          | Riding at Night - Lights   |                     | Fiona S   |
| W/E 09-10 Jul       | Heathcote Winter Weekend   | 120-140km medium    | Peter Signorini 9801 5013<br>petesig@bigpond.com                        |
| Sat 09 Jul          | Drouin Loop  | 60km medium         | Judy Beswick 0419 598 960   |
| Sat 9 - Sat 16 July | Grampians or Otways tour   | 300km medium        | Edmund West 9317 4807<br>edmundwest@hotmail.com                         |
| Thu 14 Jul          | Trip Planning and SpokeNotes Deadline  |                     | Touring Secretary   |
| Sun 17 Jul          | Craighburn bike path with one way option   | 30-60km easy-medium | Paul Schofield 9444 0249 3573<br>paulscho@optusnet.com.au               |
| Thu 21 Jul          | Social Night   |                     | Graeme  |
| W/E 23-24 Jul       | Flinders camping weekend   | 100km medium        | Glen Rodda 9527 6313  |
| Sun 24 Jul          | Kyneton loop ride: through the Cobaw State Forest. Mixture of sealed and gravel forest roads with a few lumps. | 50-60km medium      | Liz Ennis 9419 8926<br>ennis.elizabetha@gmail.com                       |
| Thu 28 Jul          | Gael & Graham go Dutch   |                     | Elizabeth   |
| Sun 31 Jul          | Castlemaine loop   | 70km medium-hard    | Dave Cash 9817 3269<br>david.cash@rbg.vic.gov.au August 2011 and beyond |
| August              |  |                     |   |
| at 06 Aug           | Mt Donna Buang Snow Ride #2 - the 'full monty' from Lilydale   | 110km hard          | Peter Signorini 9801 5013<br>petesig@bigpond.com                        |
| Sun 07 Aug          | Books to Boathouse   | 30km easy           | Peter Boemo 9857 5990<br>p.boemo232@gmail.com                           |
| Sat 13 Aug          | Lilydale to Woori Yallock - return along the rail trail  | 50km medium         | Rae McNamara 9859 7825<br>raemcn@optusnet.com.au                        |

*For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au).*

**About the Ride Gradings** **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at [payments@mbtc.org.au](mailto:payments@mbtc.org.au) or write to them at PO Box 277, Carlton South 3053

## YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social  
E = Easy / M = Medium / H = Hard / Soc = Social

| Date            | Ride Description                       | Bike Type | Distance (Kms) | Grade | Ride Leader | Booking Req'd | Ride Leader Contact   |
|-----------------|--|-----------|----------------|-------|-------------|---------------|---|
| <b>JAN 2011</b> |  |           |                |       |             |               |   |
| Sun 1           | Ballarat to Melbourne                  | Any       | 80             | H     | John & Paul | Y             | <a href="mailto:Johnrichardson67@hotmail.com">Johnrichardson67@hotmail.com</a>            |
| Sun 9           | Rooftop Cinema                         | Social    | *              | *     | Jason       | Y             | <a href="mailto:Foojas48@hotmail.com">Foojas48@hotmail.com</a>                            |
| Sat 15          | Fairfield Station to Volumes in Eltham | Any       |                |       | Susan M     |               | <a href="mailto:Matzsu.1@gmail.com">Matzsu.1@gmail.com</a><br>0401 617 906 or 9442 2831   |
| Sun 23          | YHA Golf Day Par 3 Course - Kew        | Social    | *              | *     | Jason       | Y             | <a href="mailto:Foojas48@hotmail.com">Foojas48@hotmail.com</a>                            |
| Sat 29          |  |           |                |       |             |               |   |
| Sun 30          | Grantville – Poowong Rd                | R         | 80             | M     | Simon       |               | <a href="mailto:simongwoodford@yahoo.com.au">simongwoodford@yahoo.com.au</a><br>041241575 |
| <b>FEB 2011</b> |  |           |                |       |             |               |   |

|                 |  |   |     |       |                 |   |   |
|-----------------|--|---|-----|-------|-----------------|---|---|
| Sat 5           | Bass Coast Ride                                    | A | 50  | E/M   | Ann B & Susan Q | Y | <a href="mailto:goblues@netlink.com.au">goblues@netlink.com.au</a><br>0417553517          |
| Sun 13          | Hepburn Springs to Clunes Day Ride                 | R | 100 | M     | Simon           |   | <a href="mailto:simongwoodford@yahoo.com.au">simongwoodford@yahoo.com.au</a><br>041241575 |
| Thu 18          | Audax Night Ride:<br>Albert Park to Portsea & Back | * | *   | *     | *               | * | Audax Australia Cycling Club  |
| Sat 19          | Daylesford Ride                                    |   |     |       | Nick            |   | <a href="mailto:nick@spraynozzle.com.au">nick@spraynozzle.com.au</a><br>0417 506493       |
| Sun 20          |  |   |     |       |                 |   |   |
| Sat 26 & Sun 27 | High Country, Quick Arse Weekend Ride              |   |     |       | Lloyd           | Y | <a href="mailto:mapman@bigpond.net">mapman@bigpond.net</a><br>0419 006010                 |
| <b>MAR 2011</b> |  |   |     |       |                 |   |   |
| Sat 12          | Opshop Ride : Sydney Road                          |   |     |       | Susan M         |   | <a href="mailto:Matzsu.1@gmail.com">Matzsu.1@gmail.com</a><br>0401 617 906 or 9442 2831   |
| Sun 13          | Moriac to Lorne Day Ride                           | R | 120 | H     | Simon           | Y | <a href="mailto:simongwoodford@yahoo.com.au">simongwoodford@yahoo.com.au</a><br>041241575 |
| Sat 19 & Sun 20 | Blood under the Southern Cross Weekend             |   |     |       | Jason           | Y | <a href="mailto:Foojas48@hotmail.com">Foojas48@hotmail.com</a>                            |
| <b>APR 2011</b> |  |   |     |       |                 |   |   |
| Sat 2 & Sun 3   | Forrest Ride                                       |   |     | E/M/H | Susan           | Y | <a href="mailto:goblues@netlink.com.au">goblues@netlink.com.au</a><br>0417553517          |